

What is claimed is:

1. A method for preparing a zinc-oligopeptide easily absorbable by the body, comprising the steps of:

5        proteolyzing a suspension of protein in deionized water at a neutral pH range in the presence of a protease to give a mixture of oligopeptides;

         chelating zinc ions with the oligopeptides to give a zinc-oligopeptide solution;

10        concentrating the zinc-oligopeptide solution and drying the concentrate to a powder.

2. The method as set forth in claim 1, characterized in that 100 weight parts of protein is suspended in 800  
15 weight parts of deionized water and proteolyzed at pH 3.5-6.0 for 10-12 hours in the presence of 2-4 weight parts of protease to give oligopeptides, one weight part of zinc ions is mixed based on 1,000 weight parts of the oligopeptide and allowed to chelate, to yield a zinc-oligopeptide, and the  
20 resulting zinc-oligopeptide solution is concentrated to a solid content of 32-36% and dried to produce zinc-oligopeptide powder.

3. The method as set forth in claim 1, wherein the  
25 protein is an animal protein or a vegetable protein.

4. A beverage, comprising the zinc-oligopeptide of claim 1, in combination with at least one ingredient selected from the group consisting of vitamin -C, vitamin-B<sub>1</sub>, vitamin-B<sub>2</sub>, fructose,  $\alpha$ -amylase decomposed starch and magnesium stearate.

5. The beverage as set forth in claim 4, wherein 99.5 % of the zinc-oligopeptide is mixed with 0.01-0.05 % of vitamin-C, 0.01-0.05 % of vitamin-B<sub>1</sub>, 0.01-0.05 % of vitamin-B<sub>2</sub>, 4.0-5.0 % of  $\alpha$ -amylase decomposed starch, and/or 0.01-0.05 % of magnesium stearate, based on the total weight of the beverage except for water.

6. A capsule or tablet, prepared by dehydrating the zinc-oligopeptide beverage of claim 4.